

QC

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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

WENDY FEHR

Shifters: Horizons plays with time

What would you do if you had an extra decade of every month or a month inside of three days? What would happen if entire worlds existed in times other than our own and, more interestingly, what would happen if those worlds collided with ours? These are the types of questions I was thinking about as I embarked on the writing of *Shifters*.

Shifters: Horizons is the first of three books in the series. It is the tale of Kelly, a misfit, inventing something whose social misanthropism leaves her determined to keep her odd behavior to herself. However, Kelly's plans change when she meets Ethan, who has been sent from another layer of time to protect her. Suddenly,



Wendy Fehr

is Kelly comes close to those with a final concept of time. She finds herself pursued by an enemy who as much to use Kelly's talent for devising things against the very people protecting her. Our heroine must confront her doubts, face her fears, and rise to an impossible challenge in order to save two worlds and the people she loves.

I initially began writing *Shifters* for my four children. We often made up stories to pass the time while we waited somewhere for someone or something. I would ask my children

to assume a character and a setting and we would work together to make a story come to life using their individual ideas.

It was when my eldest daughter complained that there were "no good books" for summer here age that I decided to challenge her perception with a story relating my earliest memories about time. I added a touch of what I could remember from my own university science courses and threw in some intriguing characters and concepts. I kept the settings familiar. I wanted the reader (my daughter specifically) to feel as though they could simply step into the tale — as if it might just perhaps be about them.

The story grew and evolved over several years, becoming our family project and earning its place as our family lore. I wrote my daughter critiqued, my son developed the artwork and my husband edited. Ideas were discussed and the plot evolved until we arrived at the finished product.

Shifters: Horizons can be purchased at McNally Robinson Book stores in Saskatoon. It can also be found online at the following sites: Amazon, Paperback, and Kindle: www.amazon.ca/dp/B00956W606 Adobe store: adobebooks.com/en/CA/ebooks/shifters-horizons (Books: books.ca/en/) Visit Potash for further information: www.potashcorp.com/shifters.aspx

Shifters

Horizons



Wendy Fehr

my website at www.shiftersmysteries.com where you will find book excerpts, links and contact information. You will find me on Twitter (@wendyfehr) and on Facebook at www.facebook.com/shiftersmysteries

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Alta Rossini (right) helps out at Hirtzberg's table at 2011 \$66 market. QC staff photo by MICHAEL WEL.

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QC COVER PHOTO BY TROP FLEECE

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ON THE COVER

It just feels like Wednesday and Saturday morning, where else would I go? — *Deirdre Kitsch*

REGINA FARMERS' MARKET

Kitsch has spent two decades at the market

By Ashley Martin

Rainbow jens

It's one of Deirdre Kitsch's most vivid first memories of the Regina Farmers' Market.

She was six years old, about as tall as the vendors' tables, when she started coming to the market along with her mother Laurie Kitsch. "The Cookie Lady."

Little Dix had a good view of the market wares — sewing and bedding stacks, and veggie from the big Lincoln Gardens truck that started on the east end of 1300 block South Street.

"The jam people from Indygo" are still close to-day to Kitsch's memory. "She would set up all her jams in a row on the table," said Kitsch. The RPM's bread new marketing campaign: "At a six-year-old, you're wearing right at all the colours, bright green, red and purple and red and orange."

It was the beginning of Kitsch's 20 years and counting relationship with the Regina Farmers' Market.

Being a "vendor child" was different experience than a normal child might have at the market. Kitsch was a door from Day 1.

She'd help vendors set up. "All the vendors like to message that, 'Oh you can help me set up my booth.' And even though they just set me thing down in the wrong spot, the kids think they're helping," said Kitsch.

By age eight, she was helping her mom package and label cookies. She assisted in baking over the years, too.

And she'd help dispose of food and goods. As one of the few kids at the market, she was spotted by "market treats" — squashed or broken foods.

The even sold some stuff of her own. She and her brother Tyson made hand-drawn items like chairs to sell at their mom's booth. "They made \$200 by summer's end when she was nine."

It was kind of special to be part of it, to be there from the very begin-



Deirdre Kitsch stands in front of the 'Cookie Lady' booth, which belongs to her mother Laurie Kitsch, at the Regina Farmers' Market. CP photo of Mike Hunter.

ning," said Kitsch. "I've been there longer than most of the vendors that are here now."

"There's been a break from the market since I was six years old."

She has seen vendors come and go from different locations; she has witnessed massive growth over two decades. In 2000, she remembers 28 vendors. Today there are 130.

Kitsch facilitated that growth

when she was promoted from vendor child to market employee five years ago, as the RPM moved to City Hall in an unimpeachable contribution of the City Square Plaza.

With half of the market on Smith Street and half on McIntyre Street, manager Ade Bennett needed help organizing vendors at the expanding market.

"I was more interested in the

gangs on of the market than she thought just having grown up there, and knowing everyone by name and knowing their whole history. It just seemed like a natural fit for me to take on more responsibility," said Kitsch, who spent five years as RPM assistant manager.

Since this spring, the ever-growing RPM has had two managers — one for business operations, the

other for marketing and promotion. Kitsch took over the latter role last week from Bennett, who's now on maternity leave.

Before that, Kitsch had been at every market anyway, assisting The Cookie Lady.

"It just feels like Wednesday morning and Saturday morning, where else would I go?" said Kitsch. "It's just where I'm supposed to be."

It was a smashing success. There was a real sense of excitement in the air when that first market was taking place
— *Harry Van Mulligen, on the move to Hamilton Street in 1962*

THE SEED IS PLANTED

Humble beginnings

"A farmers' market? We're all for it, even though it will be modest in scope and modest when compared with the type of markets known to many people.

That 41-year-old *Leader-Post* editor had his right. The Regina Farmers' Market, which began as a joint project encouraged by the provincial agriculture department, started small. Its 1964 test run lasted four Saturday days in August and September, the exhibition grounds' Prime Building seating was too small a space to accommodate the handful of vendors. But it grew.

The first official market on Aug. 8, 1965, after the Regina Farmers' Market Co. opening incorporated, saw 33 vendors in attendance — 10 producers and 16 artisans selling produce, eggs and honey as well as fish.

By 1968, according to *Leader-Post* reporter Paul Bradley, "provincial government officials and consumers shared a growing conviction that the markets are little less than an essential service."

PLACE AND THYME

Locations over the years

1939-82: exhibition grounds

Hose Flahley, vendor — Flahley Farms (1975-present)

There was Ralph Thomson and Gordon Scholfield and Lloyd Arliss and I'm not sure who the others were. All that time everyone sold goods and we just did odd markets. We didn't go round like what we do now.

Ralph Thomson — just said that the exhibition grounds and that was so far away to it. Those people that didn't have access to cars or any way to get down there. It was hard for them. But we had good markets at the exhibition grounds.

We were pretty small in that big building. You could drive in and



The Regina Farmers' Market moved to 8032 block Hamilton Street in 1962. Pictured is the very first downtown market on Aug. 12, 1962. (CPL. MARY ANN BROWN/POST)

you sold off your vehicle with a little in front just take us to here. That part hasn't changed.

There was only one problem with the exhibition grounds and that was no bus service to it. Those people that didn't have access to cars or any way to get down there. It was hard for them. But we had good markets at the exhibition grounds.

1982-86: 1800 block Hamilton

Street

Harry Van Mulligen, former city councillor

I was on the board of the business improvement district — and when we looked for events activities that might help promote use and appreciation of the downtown we looked for an opportunity to host a farmers' market.

It was a smashing success. The

block was full of people so then efforts were made to continue that. There was a real sense of excitement in the air when that first market was taking place.

1986-87: former Via Rail lot (now Coopers & Lybrand)

Ade Bennett, BFM manager (2007-15)

Back in 1989 I was doing some-

ing at the time for Via Rail and the farmers' market used to come in there into the main sort of transit lot area — I called it the ballroom space. The building was empty at that time.

It was very nice to have farmers' market there because then it wasn't alone in that empty big building by itself.

Continued on Page B

We've got a lot more members now, and we have much nicer space. To me, this is just perfect.
 — Rose Flashley, on the City Square Plaza

1995-2010: 7000 block South Street

Joyce Thomas, AFM manager (1987-97 approx.)

Moving downtown, that helped a lot, because Wednesdays used to be quite slow when we were at the railway station. Saturday was better. But once we moved downtown all the people from the offices came down at lunchtime and bought at lunchtime and it got to be a very, very busy time downtown. And before it never had been.

Murray Wallace, vendor — Sherco's Pies and More (1992-present), former distributor of the AFM board

Once we moved down to South Street, then it just expanded. All the clientele the SaskPower building the McCollum (H&M) towers, all the banks and everything. The volume of people was just exploding.

2000: expanded to the F&M Mill Mall

2010-11: Azen surrounding City Hall

Debbie Kitchin, new AFM marketing manager

You might think it's not that far away or it's only a couple of blocks or it's only around the corner from South Street where you were ... but it does make a difference. All people remember is, Oh, they're not on South Street anymore. Now I don't know where they are.

2012-present: City Square Plaza

Bennett:

Despite all the complaining, the public really overall loves coming to this space and visiting us here. I think they like us here.

Flashley

We've got a lot more members now, and we have much nicer space. To me, this is just perfect. I'm hoping we stay here.

♦ ♦ ♦ ♦

THINGS E5-KALE-ATE
 Growing the market



In 2003, the AFM board first Market Under the Stars, where food and liquor tastings and entertainment are part of the evening market. GC FILE PHOTO BY MIKE RUSSELL

Van Inaligian

I think the sense of excitement and interest in being at a farmers' market is still the same, but it's certainly much larger now than it was then.

Thomas

Nothing like today maybe 30 to 35 (vendors). Our motto was make it, bake it or grow it. I think they still have that, but they're selling way

more stuff than we ever did. They're even selling liquor there now. It's totally totally changed ... Almost anything goes.

Wallace

It was kind of ... old-school vendors, set in their ways, and myself and two other vendors wanted to expand and move forward and we couldn't do anything.

At that time we had these bakers so when another baker wanted to ap-

ply they were shut down right away because that's incompatible. It was just the attitude the old vendors had protecting themselves.

Ade look over and things progressed from there where it is now.

The attitude of the new market distributors are more business-like people and are really going to be more forward.

Bennett:

2007: my first market out on the

street was 18 people, 18 baskets, and there was a lot of balsam and honey. And maybe a jam person, I think. So it never got much bigger than 30 for the rest of the year.

Wallace

When we were on South Street, membership I think was around 80 but not all participating. Now I think it's 130-some, which is really great. The last I heard we're the biggest market in Saskatchewan.

I think the challenges that lay ahead is we're going to run out of space because we're still growing
— Ada Bennett

Kitch

I think this market can still grow because we still are missing a few things. We don't have fish at our market.

Would like to be able to be the destination where people can come and check everything off their grocery list more or less. We want to be able to supply everything people need.

Wallace

I haven't heard one negative thing in regard to the market yet to what is available for the customers coming in. Now we've got a lot of sales, you name it. We're not missing much.

Kitch

There's some vendors that have the impression that "the more you does there are, the less money (businesses are) going to spend at my booth." It's actually quite the opposite. The more vendors we have, the more stress we have and therefore the more customers we can draw and you'll have more people spend big money.

♦ ♦ ♦ ♦

RELISH THE THOUGHT

What appeals about a farmers' market

Kitch

When you go and buy your food, you're talking to the person that grew it or raised it and I think it's a treat. You go to the grocery store and you see bananas hanging on the shelf and you can read the stickers if you want to find out where it came from, but you just know it's from the shelf. Here you have it in front of you. How long has it been in the truck? How long since it's been picked?

(At a market) the food is fresher, it's safer, less pesticides, it doesn't travel as far, it's actually picked when it's ripe instead of ripening in a truck.

Van Milligen

I think people are always looking for an opportunity to buy local produce as opposed to buying produce that comes from who knows where in grocery stores. I think that's



Ada Bennett, manager of the Regus Farmers' Market, says one appeal of the farmers' market is the social connection farmers make with their customers. CPG PHOTO BY TERRY FLISZKE

always been the appeal. And there's always a future in about a market that one might not experience in a grocery store.

Bennett

There's the social experience of this for the farmers. Most of the farmers are very isolated on their own and so the market offers them a chance to socialize with each other. They have a lot in common because they're vendors at the same market

— you end up getting very close with each other.

Kitch

I just think it feels like you're buying not everyone feels that way, but for me, growing up there under the table of a baker eventually you just get to know every one and you get to know the ins and outs of market and it feels like home.

♦ ♦ ♦ ♦

WINTERTIME IN A JAM Moving indoors

"The farmers' market and Regus downtown merchants are helping to build the market a permanent inside location in the downtown area. The train station is one of their preferred sites." — Leader Post, May 26, 2009

"The whole idea is to make it into a year-round thing. It'd make a nice

diversity card for downtown." — RPM manager Hugh Self, Aug. 16, 2006

Thomas

If it existed or something we could use the station as we had to, but we tried our best to do that. We had to pay for going in there.

We always wanted to get a place inside, that's what we were saving the money for.

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5 Wonton Soup	1.95
5 Chicken Noodle Soup	3.95
6 War Wonton Soup	3.95
7 Hot and Sour Soup	3.95
8 Egg Drop Soup	4.95
9 Lee's Special Soup	1.25
10 Cornstarch Soup	1.95

RICE

11 Plain Fried Rice	4.50
12 Chicken Fried Rice	4.50
13 Beef Fried Rice	4.95
14 B.B.Q. Pork Fried Rice	4.95
15 Shrimp Fried Rice	5.95
16 Mushroom Fried Rice	4.95
17 Lee's Special Fried Rice	4.50
18 Vegetable Fried Rice	4.95
19 Stuffed Rice	1.95
20 Young Chow Fried Rice (Large)	4.95

CHOP SUEY

21 Vegetable Chop Suey	4.50
22 Chicken Chop Suey	4.95
23 Beef Chop Suey	4.95
24 B.B.Q. Pork Chop Suey	4.95
25 Shrimp Chop Suey	5.95
26 Mushroom Chop Suey	4.95

CHOW MEIN

27 Vegetable Chow Mein	4.50
28 Chicken Chow Mein	4.95
29 Beef Chow Mein	4.95
30 B.B.Q. Pork Chow Mein	4.95
31 Shrimp Chow Mein	5.95
32 Mushroom Chow Mein	4.95
33 Chow Mein Consistent Style	4.95
34 Low Mein Consistent Style	4.95
35 Chicken Low Mein	4.95
36 Beef Low Mein	4.95
37 B.B.Q. Pork Low Mein	4.95

MIXED VEGETABLE

38 Mixed Vegetable	7.50
39 Chicken Mixed Vegetable	7.45
40 Beef Mixed Vegetable	7.45
41 B.B.Q. Pork Mixed Vegetable	7.45
42 Lee's Special Mixed Vegetable	6.95

SPARE RIBS AND PORK

43 Sweet & Sour Spare Ribs	3.85
44 Sweet & Sour Pineapple Spare Ribs	4.85
45 Dry Spare Ribs	6.85
46 Dry Garlic Spare Ribs	6.85
47 Honey Dry Garlic Ribs	7.85
48 Stewed B.B.Q. Pork	7.85
49 Honey Dry B.B.Q. Pork	8.85
50 Black Bean Garlic Spare Ribs	10.95
51 Shanghai Noodle	8.85
52 Sweet & Sour Pineapple Pork	9.85

CHICKEN

53 Sweet & Sour Chicken Balls	6.50
54 Sweet & Sour Pineapple Chicken Balls	6.50
55 Chicken Balls	6.95
56 Deep Fried Chicken Wings	6.85
57 Man Goo Goo Pan	6.45
58 Deep Almond Chicken	9.95
59 Chicken with Broccoli	6.85
60 Chicken with Pea Pods	6.85
61 Chicken with Curry Sauce	6.85
62 Chicken with Black Bean Garlic Sauce	9.85
63 Chicken with Oyster Sauce	9.85

EGG FOO YOUNG

64 Plain Egg Foo Young	7.25
65 Chicken Egg Foo Young	7.25
66 B.B.Q. Pork Egg Foo Young	7.25
67 Mushroom Egg Foo Young	6.25
68 Shrimp Egg Foo Young	8.95
69 Lee's Special Egg Foo Young	8.85

BEEF

70 Beef with Broccoli	6.85
71 Beef with Pea Pods	6.85
72 Beef with Green	6.85

73 Beef with Green Peppers	6.85
74 Beef with Mushrooms	6.85
75 Beef with Fresh Tomatoes	9.50
76 Beef with Black Bean Garlic Sauce	9.50
77 Beef with Curry Sauce	9.50

SEAFOOD

78 Deep Fried Shrimp	6.85
79 Deep Fried Shrimp w/ Sweet & Sour	7.85
80 Deep Fried Shrimp with Vegetable	6.85
81 Shrimp with Tomato Sauce	9.95
82 Shrimp with Curry	9.85
83 Shrimp with Pea Pods	10.65
84 Shrimp w/ Black Bean Garlic Sauce	10.65
85 Seafood (3y) with Vegetable	10.95

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86 Almond Prawns (6 pack)	12.85
87 Butterfly Shrimp (6 pack)	12.85
88 Lemon Chicken	10.95
89 Almond Sea Goo	9.95
90 Orange Chicken	130.65
91 Peking Pork Carlet (w/ House Sauce)	10.65
92 Beef with Ginger & Green Onion	10.65
93 Beef Shaw Kuo	10.65

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94 Spicy Beefed (3)	12.95
95 Kang Bao Egg Ding	9.85
96 Shredded Beef in Ginger Sauce	10.65
97 Minced Pork with Bean Cakes	10.65
98 Spicy Beefing	12.95
99 Szechuen Noodle	9.85

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100 Sweet & Sour Sauce	1.00
101 Honey Dry Garlic Sauce	1.50
102 Fish & Chips	4.85
103 French Fries	7.65
104 Deep Fried Onion Rings	6.85
105 Soft Drink (1L) - 3.95 (Coke)	1.85

105

Dinner For One

A Egg Roll, Chicken Fried Rice, Sweet & Sour Sauce	
B Egg Roll, Chicken Fried Rice, Beef & Broccoli	\$7.50
C Egg Roll, Chicken Fried Rice, Beef & Broccoli	\$8.50
D Egg Roll, Chicken Fried Rice, Beef & Broccoli	\$9.50

106

Dinner For Two

2 Egg Rolls, Sweet & Sour Sauce, Chicken Fried Rice, Chicken Chop Suey & Steamed Rice	\$15.95
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107

Dinner For Three

3 Egg Rolls, Sweet & Sour Sauce, Chicken Fried Rice, Chicken Chop Suey & Beef & Broccoli (1L)	\$24.95
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108

Dinner For Four

4 Egg Rolls, Sweet & Sour Sauce, Chicken Chop Suey, Beef & Broccoli, Chicken Fried Rice & Steamed Rice	\$34.95
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109

Dinner For Five

5 Egg Rolls, Sweet & Sour Sauce, Chicken Chop Suey, Beef & Broccoli, Chicken Fried Rice, Vegetable Chop Suey, Steamed Rice	\$39.95
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110

Dinner For Six

6 Egg Rolls, Deep Fried Wonton, Sweet & Sour Sauce, Beef & Broccoli, Chicken Fried Rice, Chicken Chop Suey & Steamed Rice	\$34.95
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111

Dinner For Eight

8 Egg Rolls, Deep Fried Wonton, Sweet & Sour Sauce, Beef & Broccoli, Chicken Fried Rice, Chicken Chop Suey & Steamed Rice, Beef & Broccoli, Chicken Fried Rice, Chicken Chop Suey & Steamed Rice	\$52.95
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ON THE SCENE

QUEEN CITY EXHIBITION

Mixing rides, games of chance, adult and children's entertainment, and a vast array of food-tasting summer-fair food options were enjoyed July 29 to Aug. 2 during the 15th annual Queen City Exhibition (QCE). Exhibition attractions ranged from a live show, acrobatic juggling and aerial trapeze to performances by a hypnotist, a comic, acrobats and Sideshow Circus. The inaugural Entertainment lineup included Magic with Halfway to Hollywood, The Road Brothers with Doc Wexler, Gunkakassumi, the Kermanshahs and Faddoul, Daughtry with the Siniks, CM Silents, and Shawn Mendes with Francesco Yates.

QC PHOTOS BY DON HEWLEY



1 Sydney Kopeck with Karlee Kopeck and Demetrius Jones

2 Zaher Tahr, Maria Nasir, Selma Rashed and Mahmoud Ayas

3 Justin Damach and Samantha Sorehan

4 Mark Moore and Alyssa Kowalski

5 Laurel Wilmer with Cassandra Wilmer

6 Bev Magnusson, Cathy Gadhre, Todd Magnusson, Levi Magnusson and Zachary Magnusson

7 Sonia Nash and Mike Sorechuk

8 Brendia Brindson and Cameron Gibson



FASHION

Do you have fashion advice to share with our readers?
Email us at qc@leaderpost.com

#STYLE

Dressing down and dressing up

By Sean Trembath

Chelsea Kapriel is free-spirited about her fashion style.

"I basically just have a room full of things and throw them all together. There's no aesthetic wing to doing it," she says.

Her job as a hairdresser in Saskatoon is a reward to clothing.

"There's certain clothes I can't wear to work because they get dirty and full of colour. I get colour on everything," Kapriel said.

As a result, she takes days off as an opportunity to mix it up and wear the things she can't on a job. Kapriel showed off her outfit—one for a casual summer day and one she would wear out for a night of fun. When asked what themes drive her style, she has a simple two-part answer: "Fashion trends and comfort."

Kapriel says casual outfit is the type of thing she likes to wear on a summer day off. It's a chance for her to go more casual than she can at work.

"Just going out shopping and doing errands," she says.

1 TOP: La Senza "It's actually my second one. I had my other one for years. I wear it all the time so I found another one. It's really comfortable."

2 NECKLACE: Aldo "I tend to wear them with a lot of things because they're very plain so they're versatile for dressy or not."

3 SHORTS: The Gap

4 SHOES: Converse "They're comfy but fashionable. I'd never wear them to work. They're black and full of colour in a couple minutes."

5 RINGS: "Done by my cousin. I get them done every three weeks, usually in a park setting."

6 WATCH: Michael Kors "I bought it in Phoenix. I tend to buy off my Michael Kors watches there because they're a bit cheaper and there's more selection."

7 EARRINGS: Hilberg and Benk "The lady was on Dragon's Den. She won on Dragon's Den and now she's based out of Regina. I have three different colours of the same earrings."

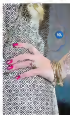


When getting ready to go out on the town, Kapriel still mixes and matches but turns up the formality a few notches. "Usually I see nothing is little bit fancier, so it's a bit more business casual," she says.

8 JUMPER: Old Navy "I got it a few weeks ago. I like it because it's comfy and you can dress it up or dress it down. I tend to wear it more than most things just because I can wear it to work or I can wear it out."

9 SHOES: Miners "They're very comfortable and quite casual. I wear them a lot."

10 BRACELETS: Aldo



GARDENING

GARDENING IN SASKATCHEWAN

Strawberries worth the effort

By Sara Williams

Strawberries fresh from the garden are hard to beat. But sometimes this case of sweet pain can make the harvest less than satisfactory. Here you can see and look after strawberries can go a long way toward avoiding these problems.

Begin by planting hardy, disease-free stock, and when possible use disease-resistant cultivars. Grow them in full sun with good air circulation and soil drainage. Control weeds to eliminate most pest overwintering sites and to increase air circulation.

Avoid using high nitrogen fertilizer. It encourages dense foliage as well as softer fruit that is more vulnerable to disease. Apply irrigation in the day to give the fruit and

foliage a chance to dry quickly. Use an organic mulch such as straw to keep fruit from touching the soil and to prevent soil bacteria and fungi spores from splashing on leaves and developing fruit. Do not work in the strawberry patch or pick fruit when it is wet. Harvest early in the day as soon as the berries are ripe, and avoid bruising the fruit.

Grey mould (*Botrytis cinerea*) is characterized by a powdery growth on the flowers and fruit. This soon changes to a soft, light brown fruit rot. During periods of cool, wet weather, or with too much overhead irrigation, glass hardiness light or poor air circulation, grey mould can cause substantial fruit loss. The first sign appears overwinter in plant debris in the strawberry patch, ready to re-

infect the following spring. Therefore, strict picking is complete to remove all plant debris or rotten fruit from the ground or mulch.

The strawberry clipper or strawberry bud nipper (*Anthonomus yasei*) is a native North American insect. Small (2 mm) and reddish brown, the clipper has a narrow curved snout about half the length of its body. Adult weevils overwinter in nearby bush and along fence rows, emerging as strawberries begin to flower. The overwintering female deposit a single egg in the flower or bud, and then exit the flower stem as it falls to the ground or hangs by a slender thread (the flower stem never fruits). The white, legless larva hatches within a week. They feed then pupate inside the bud, emerging as adults in mid-summer.

The new adults feed on pollen the remainder of the growing season. Early blooming strawberry cultivars appear to suffer greater damage, and damage is worse on plantings older than three years.

Control nearby weeds and bush to reduce the habitat of the overwintering adults. Cultivate between the rows and around the patch after harvest to destroy the pupae. Picked later, blown out cultivars. Consider using new cultivars to prevent entry of the clipper.

The term used plant bug (*Eggnut* (*Coreoperis*) is a widespread strawberry pest. Adult termite-like plant bugs are fat and end in shape, 8 mm (1/4 in.) in diameter and a mottled brown or black. They overwinter in plant debris, laying their eggs the following spring. Following hatching, the small green nymphs (several stages) resembling aphids, feed on

the blossoms and developing fruit, which then develop into "nubbins," slightly flattened, damaged fruit which, with a bit of encouragement, resemble the pinhead to size of a cat. Damage is worse on day-neutral cultivars and later maturing varieties.

Your first line of defence is to remove weeds within the patch and nearby road to make nearby grass a new row can exclude the pest from your strawberry row. Hand-pick and use a soap or insecticide. Simply removing but doing their job as natural predators such as ladybugs, damsel bugs, minute pirate bugs and other species of spiders that feed on the nymphs.

Sara Williams is the author of *Guiding the Prairie Homestead: Gardening, Naturally: A chemical-free handbook for the Prairie, and the Saskatoon Forestry Park & Zoo. A Photo graphic History.*



Thank you Regina!

In Regina a volunteer leadership committee worked with their Canadian Cancer Society staff partners to create an incredible Relay For Life event this year.

- 159 cancer survivors participated in the Survivors' Victory Lap.
- 362 participants participated on 48 teams
- 522 luminaries were lit during powerful Luminary Ceremony.
- 99 volunteers were instrumental in making it all happen.

Together, we raised over \$145,000 in the fight for life, the fight against cancer!

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FOOD

SUMMER CANNING

Author wrote the book on canning

By Renee Kohlman

I first met Amy Brown about three years ago in the small airport in Weather, Wash. Both of us had flown in on a media tour sponsored by the U.S. Organic Trade Commission and we couldn't believe our lucky stars that we were serving such a beautiful part of North America on someone else's dime.

During those few days in September we wandered orchards, apple picking, plants and fish. These memories together, bonding over our love of Canadian forest and good coffee. I remember watching Amy there in her element when we were given a generous lesson at a Whole Foods in Seattle. This woman clearly loves to can. Her passion for preserves was so visible, I had no doubt then that she would one day write a book about it. And she's done just that! The Canning Kitchen was released in early June by Fingerprint Canada and is already a national best seller. Clearly this country loves to eat, too!

I've canned only a few times in my life — I make a mean apple butter — and while it does take a little work, I've always planned with the results. Amy's beautiful book has me wanting to do more of it this summer and fall, while produce is at its peak. Whether you are new to the world of canning your own food or a seasoned pro, you'll find lots of delicious recipes and helpful tips in The Canning Kitchen. Amy goes through the type of equipment you need and has written a step-by-step checklist to safely preserve each recipe. This is useful to someone like me who knows a little but not a lot, about canning.

All 30 sweet and savory small batch recipes from jams and jellies to chutneys and pickles, are beautifully photographed by Amy. Her book blends the traditions of canning with a lot of modern spin. I'm inspired to host the pop pop pop on my counter later this summer and if you're so kind, you know what I'm talking about. Recently it sounded my last shot:



Don't sell and get a slice of a deal — a beautiful cover and 12 guest pros. It's a great condition for the price. I think I'm going to cherish the purchase with goodies I'm enjoying a little over the recipe for Country Peach Cobbler Topping. Despite feeling that bit of summer in the deep, dark depths of winter.

Garlic Rosemary

Apple Jelly

Amy recently had a book signing on Booknotes at McNally Robinson Bookellers, and I was fortunate to have her as my house guest. She whipped up a batch of this Garlic Rosemary Apple Jelly in my little green kitchen, and made it look so easy. She served it on sliced apple garnished with a little green garnish and a little green garnish. I was so lucky to see the first few pages behind and I've been enjoying this delicious and delicious jelly ever since. It's fantastic with grilled steaks and as a charcuterie plate or even simply spread on good bread. The Spill Book from The Night Owl Bakery is fantastic with this of small charcuterie for a cheese.

- 1 1/2 lb (2-4 kg) apples (any variety)
- 1 cup (125 g) water
- 1/2 cup (125 g) granulated sugar
- 1/2 cup (125 g) white vinegar
- 1/2 cup (125 g) chopped fresh rosemary
- 1 tsp (5 g) pectin (optional)



Garlic Rosemary Apple Jelly. Garlic Rosemary Apple Jelly. Photo by Amy Brown.

Instructions: Rinse the apples under cool running water. Chop into chunks, including the peels, rich skins, seeds, cores and place in a large heavy-bottomed pot. Pour in the water. Bring to a boil over high heat. Reduce heat to medium, cover and continue cooking for 30 minutes until readily stirring occasionally. Scoop out apple mixture into a jelly bag or apple strainer. Squeeze out the juice. Pour the juice into a double layer of dampened cheesecloth suspended over a large bowl. Let it drip until you have 2 1/2 to 3 1/2 cups juice. (This can take a few hours.) Pour juice into raised pot. Stir in sugar, vinegar, rosemary and pectin. Bring to a full boil over high

heat. Stirring a full heavy lid, stirring frequently until it reaches the gel stage about 10 minutes. Remove from heat and stir in one cup of sugar. Ladle into 8 oz (250 ml) jars, leaving a 1/2 inch (1.3 cm) headspace. Fill canner with water and place it over high heat at least 30 minutes before you need it so it will be boiling when jars are ready to be processed. Follow manufacturer's instructions on the packaging for preparing lids for processing. Position new flat lids over clean jar rims and secure in place by twisting on seven bands past until twisting tight. Not too tight — same as will tend to escape during processing. Place jars in

water bath canner covered by at least 2 inches (5 cm) boiling water. Cover canner and process for 10 minutes. Start timing when water in canner returns to full boil. When processing time is up, turn off the heat and remove lid. Lower jars in canner for 5 more minutes. Remove processed jars from canner and leave to cool for 12 to 24 hours. Do not tighten screw bands while jars are cooling. Once jars are fully cooled, press middle of each lid to check for a vacuum seal. If central lid is not sealed down, jar has failed seal. Makes three 8 oz (250 ml) jars.

Source: The Canning Kitchen: 30 Small Batch Recipes by Amy Brown (Fingerprint, 2014).

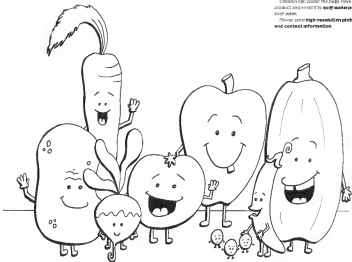
OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to oc@leaderpost.com. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's OC colouring contest winner was Abby Brownstead. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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LEADER-POST

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Aug. 5

Wednesday Night Folk: Kory Ince
Songwriters' Circle
Buckwacker, 2205 Dewdney

The Alley Ganga
Lanzetta's, 2330 Albert St.

Thursday, Aug. 6

Live music:
Fat Bedgum, 8522 Scorch St.

Katoka
8 p.m.-2 a.m. The Slip, 306 Albert St.

Friday, Aug. 7

Jeffrey Straker
Nose, City Square Plaza

Live music:
4-7 p.m. Monarch Lounge, Hotel Saskatchewan, 2125 Victoria Ave.

Reggie Folk Festival main stage
6 p.m. The Dead South
7:05 p.m. Alysha Griffin
8:10 p.m. Fossil Fuel
9:25 p.m. Bakamas
10:45 p.m. The Shepherds
Victoria Park

Weekly Drive Clinic
Instruments provided
7:30-9 p.m., The Living Spirit Centre,
3018 Down Dr. Call Mike, 306-552-2916

Katoka
8 p.m.-2 a.m. The Slip, 306 Albert St.

Reggie Folk Festival after party
11:30 p.m.-3 a.m.
We We Shrine Centre, 2665 Hamilton St.

Saturday, Aug. 8

Reggie Folk Festival
11 a.m.-5:30 p.m.
Various artists on four stages in and
around Victoria Park. Visit regriefolkfestival.com for details.
Victoria Park

Down Acoustic Jam
3:30-6 p.m. Broadway's Lounge, 1267



Jerry Lewis plays Saturday at the Reggie Folk Festival. ©2015 MANDY HILL PHOTO

Broadway Ave.

Live music jam
All types of music welcome. Hosted
by Irvail Kizmitino.
4-6 p.m. The Slip, 306 Albert St.

All night full jam
6 p.m. Broadway Lounge, 1367
Broadway Ave.

Reggie Folk Festival main stage
6 p.m. Birds of Chicago
7:05 p.m. Cordie Doo Jing
8:10 p.m. Voca Samba

9:25 p.m. Jiving Luv
10:10 p.m. Blue Pedro
Victoria Park

The Simple Associates
7:30 p.m. Deia House, 1010 Pease
St. N.

8 p.m.-2 a.m. The Slip, 306 Albert St.

Reggie Folk Festival after party
11:45 p.m.-3 a.m.
We We Shrine Centre, 2665 Hamilton
St.

Sunday, Aug. 9

Reggie Folk Festival
11 a.m.-5:30 p.m.
Various artists on four stages in and
around Victoria Park. Visit regriefolkfestival.com for details.
Victoria Park

Open jam
3-4 p.m. Mojo Club, 639 Victoria Ave.

Reggie Folk Festival main stage
6 p.m. Andy Shauf
7 p.m. Lisa LeBlanc
8 p.m. Geomungo Factory
9 p.m. Xerox Jay
10:20 p.m. Blind Boys of Alabama
11:30 p.m. Finis
Victoria Park

Katoka
8 p.m.-2 a.m. The Slip, 306 Albert St.

Northlane, Lika Macho to Flame
The Exchange, 3431 8th Ave.

Monday, Aug. 10

Wednesday Night Jazz & Blues: Cell Me
Milly
Buckwacker, 2205 Dewdney

Katoka
8 p.m.-2 a.m. The Slip, 306 Albert St.

AntiMaterial, Clipping, Tied & Tied
The Club at the Exchange
2631 8th Ave.

Tuesday, Aug. 11

Acoustic music
Rebellion, 1901 Dewdney Ave.

Katoka
McNulty's, 2226 Dewdney Ave.

Carter Power Quintet
The Capitol, 8633 Hamilton St.

Time Leftlight
O'Hanlon's, 1547 Scorch St.

VISUAL ART

Jenise Kuznetsov: Home Grown
Works in locally-sourced wood.
Reception: Aug. 5, 9:30-11:30 p.m.

Aug. 5-Sept. 12. Mace Gallery, 106
2300 Broad St.

**A Redline Venueseries: The Land-
scape Paintings of Larive Rie-
haus**

The first overview of the extraordinary career of Larive Riehaus (1918-1974), an Okanagan painter who sold thousands of variations of essentially the same landscape painting in national parks, resorts, department stores and bars across Western Canada from the late 1930s through the early 1960s.
Until Aug. 9. Mackenzie Art Gallery, 3475 Albert St.

Adam Martin: Turtle Meets the Sky
A series of paintings capturing the influence of Treaty Four's sacred culture, landscape and environment on Adam Martin's painting.
Until Aug. 10. Sakawewak Artists' Collective, 2550 Albert St.

Obverse/vers

The Saskatoon Craft Council's biennial juried exhibit features work in ceramics, textiles, metal, glass and mixed media.
Until Aug. 16. Mackenzie Art Gallery, 3475 Albert St.

Glenn Lane: Live

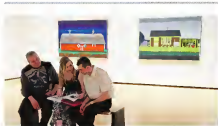
Works address concerns relating to genetics, issues surrounding genetic testing, and our predisposition to diseases. This exhibition features circular rubbings of deconstructed intaglio prints, inspired by the location of the artist (Cen valley).
Until Aug. 21. Art Gallery of Regina, 3620 Uplandstone St.

Holly Papp: Placing Worlds

Sakawewak drawings and paintings fluctuate between the representational and the abstract. Derived from an interest in natural phenomena, the works question the relationships within the ecological and physical systems of our natural world.
Until Aug. 26. Durkin Art Gallery—Sherwood branch, 6210 Hochdale Blvd.

Summer Whispers
Until Aug. 29. Slater Fine Art Gallery, 3018 Neilson St.

EVENTS



David Theberge, Mike Fuchs & Chris Gervais is on display at the MacKenzie Art Gallery through August. Go out with us to see this show.

David Theberge: Road Trips and Other Obsessions

This exhibition presents a dynamic installation examining key themes and working processes, developed throughout Theberge's more than 40 years as a maker and chronicler. UNT Aug. 30. MacKenzie Art Gallery, 3475 Albert St.

Patricia Holdenworth: Contemporary Who's Who

Patricia explores the private landscape. UNT Aug. 30. Scott Nicholson Fine Arts, Regina Centre Crossing, 1821 Albert St.

Bois-Coloré: Bois à la

Sweetness, with a dash of bitter, this exhibition created for university students includes artworks that forge vibrant pathways into the imaginary. UNT Sept. 7. MacKenzie Art Gallery, 3475 Albert St.

Summer Stills

New works by 16 of Saskatchewan gallery artists. Through September. Open Wednesday to Saturday, 11 a.m.-5 p.m. Nicosse Gallery, 2416 Albert St.

Summer in Contemporary Canadian Fine Art

Works of art capture Canadian landscape and wildlife. UNT Oct. 30. Scott Nicholson Fine Arts, Regina Centre Crossing, 1821 Albert St.

Artist's House Gallery

3296 Smith St. Open Tuesday to Friday, 10 a.m.-5:30 p.m.

Saturday 10 a.m.-5 p.m.

Neural Ground

203-1856 South St. Open Tuesday to Saturday, 11 a.m.-5 p.m.

Occidental Gift and Fine Arts

Oil and ink paintings by Chinese artists Ling-tao Jiang and Huaiyi Tian. 2310 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

Plain Red Art Gallery

Represents Indigenous visual art practices culture and history found in the province of Saskatchewan, Canada and globally. Monday-Friday, 9 a.m.-4 p.m. First Nations University, 1 First Nations Way

PERFORMANCE

History Alive! Vignettes

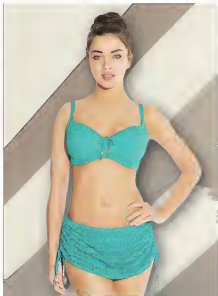
Live skits depict important historical moments in Saskatchewan history. Each lasts 10 minutes. Sunday and Tuesday, 1-4 p.m. Government House, 6867 Dewdney Ave.

History Alive! Vignettes

Live skits depict important historical moments in Saskatchewan history. Each lasts 10 minutes. Monday, 1-4 p.m. Legislative building, 2605 Legislative Dr.

Living Poets Society

Spoken word open mic night. Every Tuesday, 9 p.m. Huxford Lounge, 2110 Broad St.



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EVENTS

PHOTO COURTESY OF THE SASKATCHEWAN MUSEUM



Don't miss the opportunity to see the T-Rex in person on Saturday. (Photo courtesy of the Saskatchewan Museum)

Exploration Day in the Park for Kids

For children aged 3-12. Pre-registration required, call Jennie at 306-353-7547.

Tuesday, 9:30-10:30 a.m.

Victoria Park

Teen Tuesdays

Come and hang out for the afternoon with other teens into all things art.

Tuesday, 2-3 p.m.

Dundee Art Gallery - Central Branch, 2311-12th Ave.

Drop-in crafts and gym

Free event for youth aged 5-18. Tuesday, 4-6 p.m.

Exshaw Community Centre, 610 6th Ave.

MUSEUMS

Alex Young School Museum

1660 Fourth Ave.

Tours by appointment only (306-523-3000).

Clio Museum of Regina

1215 Broad St.

Tuesday-Friday 10 a.m.-4 p.m. Saturday noon-4 p.m. Closed Sunday and Monday.

Government House Museum & Heritage Property

4601 Dewdney Ave.

Open daily 9 a.m.-5 p.m.

DCMP Heritage Centre

5907 Dewdney Ave.

Open 10 a.m.-5 p.m. daily.

Regina Firefighters Museum

1209 Ross Ave.

Tours by appointment (306-773-7714)

Regina Planet Conservatory

1410B 4th Ave.

Open daily, 3-4:00 p.m.

Royal Saskatchewan Museum

2445 Albert St.

Open 9:30 a.m.-5 p.m. daily.

Saskatchewan Military Museum

1600 Blenheim St.

Open Monday and Thursday, 7-9 p.m., or by appointment (306-347-5345).

Saskatchewan Science Centre

3903 Powerhouse Dr.

Tuesday-Friday 9 a.m.-5 p.m. Saturday-Sunday and holidays, noon-6 p.m. Closed Mondays.

Saskatchewan Sports Hall of Fame

2206 Victoria Ave.

Monday-Friday 10 a.m.-4:30 p.m. Closed weekends.

More Events on Page 22

SPORTS EVERY DAY IN THE LEADER-POST

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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

OTHER

HAPPENINGS

Regina Farmers' Market

Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, 12th Avenue and South Street

Summer Sampler

Learn about a wide range of interesting topics and engage in lively conversation over coffee with fellow participants. To register, call 386-585-5766.
Wednesday, 9:30-11:30 a.m.
Lifelong Learning Centre, 2100 College Ave.

RCMP Sergeant Major's Parade

Weekdays, 12:45 p.m.
RCMP Depot Division, 5600 18th Ave.

All Nations Healer Thru Arts

Learn to play music, dance and perform in free arts-based workshops; cultural teachings and employment workshops. For people ages 13 to 22 on a budget.
Wednesday, Monday and Tuesday, 5-7 p.m. (Summer 4-10 p.m.)
YMCA, 1540 McIntyre St.

Remember Hiroshima

Citizens will gather to mark the 70th anniversary of the atomic bombing of Hiroshima. Supporters of Making Peace Vigil will be on hand to advocate for a world free of nuclear weapons.

Aug. 6, noon
South Street and 13th Avenue

Regina Folk Festival

Aug. 7-9
Victoria Park

Vops

Aug. 8, 9:00-10:30 a.m.
Victoria Park

Victorian Tea

Illustrations inspired by Friday.
Call 639-311-792.
Aug. 8-9
Government House, 4607 Denbigh Ave.

Tai Chi in the Park

Merch Ghost is part of the 2012 Regina Folk Festival.

Sunday, 9-10 a.m.
Victoria Park

Drop-In Creative Writing

Monday, noon-1 p.m.
Victoria Park

What for seniors

For more information call Mary 386-789-9662 or 386-326-779-3285.
Tuesday, 9:00 a.m.
East sanctuary, Living Spirit Centre, 3018 Dean Dr.

RCMP Sunset Retreat Ceremony

Tuesday, 5:45 a.m.
RCMP Academy, "Detech" Division

ChessDay Challenge

Drop-in (nothing of board game enthusiasts)
Tuesday, 6 p.m.-midnight
Barton Plaza, 543 Albert St. N.

FILM

The Tribe

Dead teenager Sergey struggles to fit into the Ukrainian boarding school system where a student gang drags it online and pros-

titutes. Story unfolds through the non-verbal acting and sign language of a cast of hearing-impaired, non-professional actors.

The Thin Blue Line

Documentary
This 1988 film successfully argued that a man was wrongly convicted for murder by a corrupt justice system in Dallas County, Texas.

Regina Public Library Theatre

2111 10th Ave., 386-777-6764

To The Arctic: 3D

Documentary
A mother polar bear and her twin seven-month-old cubs navigate the changing Arctic wilderness the polar home. They struggle to survive in a frigid environment of melting ice, immense glaciers, spectacular waterfalls and majestic snow-bound peaks. Narrated by Meryl Streep.

Journey to the South Pacific

Documentary
Narrated by Cate Blanchett, this is a breathtaking adventure to the tropical islands of West Papua, where life flourishes above and below the sea. Jewel, a young island boy, takes us on a journey to im-

counter whale sharks, sea turtles, marine iguana and other creatures of the sea.

Jenusalem

Documentary
A tour of one of the world's oldest cities, destroyed and rebuilt countless times over 5,000 years. The film follows three young Jerusalemites and their families — Jewish, Christian and Muslim — as archaeologist Dr. Joel Magnan explores some historical sites in the region. Narrated by Benedict Cumberbatch.

Kramer (max)

2502 Powerhouse Dr.
386-522-4629

NEW MOVIES

Cap Car

Thriller
A small town sheriff (Kevin Bacon) sets out to find the two kids who have taken his car on a joyride.

Persepolis Two

Action
Four young outsiders (Mila Joly, Kate Miller, Michael E. Jordan, Jesse

Stell) gain extraordinary abilities after teleporting to an alternate and dangerous universe. They must learn to use their new powers to save the planet from a former friend turned enemy (Toby Kebbell).

The Girl

Thriller
A young married couple's (Jason Bateman, Rebecca Hall) world is sent into a tailspin after a chance encounter with an old acquaintance (Joel Edgerton).

Wicki and the Flash

Drama
When Cheryl (Tina) is an aging rock star who abandoned her family to chase fame and stardom in a call from her ex-husband (Kevin Kline), she discovers their estranged daughter (Minnie Driver) is going through a turbulent divorce. Given the opportunity to reconcile, Wicki must again chase between her music and her family.

The Runner

Drama
On the aftermath of the 2010 BP oil spill, a petroleum (Michael Cope) must reassess his dysfunctional life after his career is destroyed in a sea scandal.

Shawn the Sheep

Comedy/Drama
Mischievous sheep Shawn (Hink) lead to the Farmer being taken to the Big City. Now Shawn and The Sheep must venture from the Farm to the city to rescue the Farmer.

Galaxy Cinema

420 McArthur Blvd. W.
386-522-5558

Cineplex Odeon

Southfield Mall Cinemas
3075 Glenview Rd., 386-585-3303

Rainbow Cinemas

Golden Mile Shopping Centre
3805 Albert St., 386-535-3250

Event listings are a pre-emptively service offered by QC. Listings will be posted if space permits. Please contact the venue for more details before your event.

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2012 HONDA RODENT \$27900	2005 LEXUS LS430 LUXURY SEDAN \$13900	2012 VENZA V6 PREMIUM \$25900	2014 MAXIMA LUXURY SEDAN \$26500	2009 ACURA MDX \$24900
2011 CADILLAC SRX 2.8 PREMIUM \$35900	2011 BMW 535i XDRIVE \$34500	2011 LEXUS RX350 \$30500	2014 VW JETTA \$15900	2010 TOYOTA YARIS \$10900

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